

## WRITING ASSESSMENT

Write your final composition here.

As one grows older one's sleep patterns are constantly changing. During one's teenage years they are particularly odd. Current research shows that teenagers are most awake during the late hours in the night, not during the day. As a teenager, one cannot change how his or her body functions. By changing school hours from eight to three to 9:30 until 4:30 there would be benefits such as, longer sleep hours, less sleeping in class, and improved grades, for high school students.

Students in today's schools do not get enough sleep. By no will of their own, students today go to bed around eleven or twelve at night and must wake up at six or earlier in the morning. That is only six to seven hours of sleep! Research studies indicate that, teenagers especially, need at least nine hours of sleep per night. By changing school hours, the time students go to sleep would not change, but the amount of sleep they get would. By delaying school an hour and one half students could come much closer to the suggested amount of sleep.

By getting more sleep, such as changing the school hours would accomplish, there would be no need for students to sleep in class. I, myself, have fallen asleep in class more than once even while trying insanely hard not to fall asleep. Even just an hour and one half more sleep, as allowed on this new schedule, could do wonders for students' attention spans.

In countable studies it has been shown that students with more sleep perform much better than students with

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less. By giving students an hour and one half in the morning to sleep students will have improved grades. Students' attention spans will be lengthened so they will be able to learn more. Also, with lengthened attention spans students will be able to take tests better. In addition, if a student were to be unable to finish his or her homework at night he or she would be able to get up a little earlier that morning and finish it; of course, if one does their homework they will have much improved grades.

In conclusion, if school hours were changed from eight until three to 9:30 until 4:30 students will improve tenfold. This will help since, by changing the schedule, students could get closer to the suggested amount of sleep, the rate of sleeping in class would go down, and above all students' grades will improve. By making this change the likelihoods of all students would improve by a great amount.

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### Score Point: 6

This response reflects an outstanding degree of proficiency in persuasive writing skills. The writer's position is clearly in favor of changing to a later school schedule. The writer employs a causal chain to support this position, using specific, well-developed key ideas (more time to sleep, less sleeping in class, and better grades). Syntactic variety, facility in the use of language, and a strong persuasive tone are exhibited and sustained throughout the response.